

First Aid at Protests

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https://docs.google.com/presentation/d/1WhVj2WWf8mUoSE_40cBSHZBXoozi2HlmkfWRNMuRgDw/edit?usp=sharing

What to Bring

Basic First aid kit:

Emergency Telephone Numbers list. Oakland fire dispatch for ambulance is **510 444 1616**

Berkeley fire or police is **581 5911**.

Pencil and Pad*

Eye wash (Sterile saline, Liquid antacid/water solution, or tap water)

Sterile gauze pads

Adhesive tape

Triangular bandages, Ace wraps, Kerlex (stretchy gauze)

Vaseline Gauze (xeroform) for occlusive dressing

Scissors

Tweezers

Safety pins

Ice packs

Latex gloves

Flashlight or headlamp

Emergency Blanket

First Aid Manual

What to Bring

Other stuff

Eye Protection

Respirator, Gas mask if you have one

Durable clothing,

Long sleeves



Medic role at event

DO:

- Coordinate your efforts with other medics and event organizers
 - Share phone numbers. Texting is better than calling in noisy environments
 - Have someone standing by with a vehicle
 - Pair up, spread out
 - Set up an aid station
- Be visible, Identifiable as a medic
- Get consent
- Be Calm, authoritative



Medic role

Avoid:

- Taking on other tasks that prevent you from being available to be a medic
- Direct adverse interactions with the police or opponents
- Getting hurt

Eye injury: teargas, pepper spray, and mace

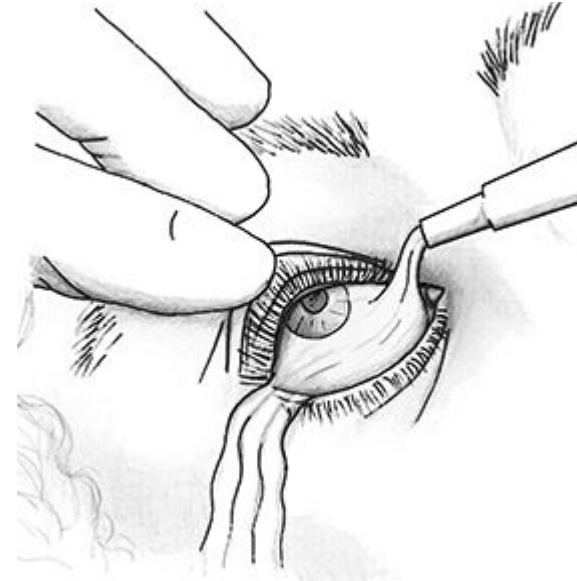
Assist temporarily blinded person to safety

Re-assurance

Irrigate eyes with abundant saline, LAW solution or water

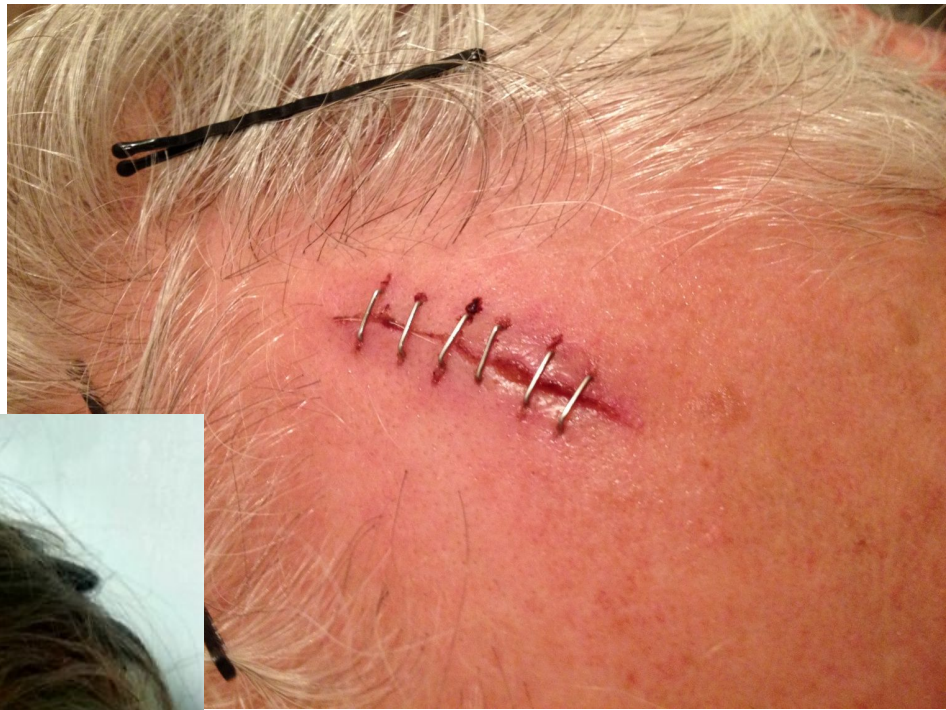
Remove contact lenses

Decontaminate skin and clothing



Lacerations

- Direct pressure with clean gauze to control bleeding
- Tornequet *only* for amputations or wounds that spurt blood
- Don't put iodine or alcohol in wounds. Hydrogen peroxide ok one time in dirty wounds (best for removing blood stains from clothes)
- Clean wounds with jet of sterile saline or tap water
- Some wounds can be closed in the field with steri strips, glue or staples.





IPATORY
CRACY
TICE
BALL





Head injury

Signs of potentially serious head injury

- Loss of consciousness or confusion that lasts more than a few seconds.
- Vomiting
- Double black eyes or bruising behind the ear
- Patient who takes blood thinning medicine



Head Injury

What to do for the seriously head injured patient. (knocked out)

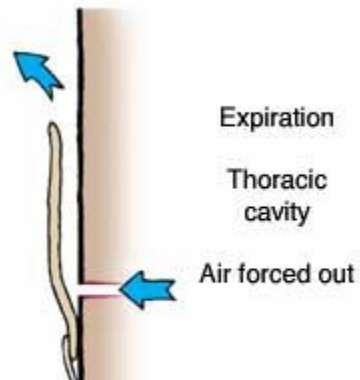
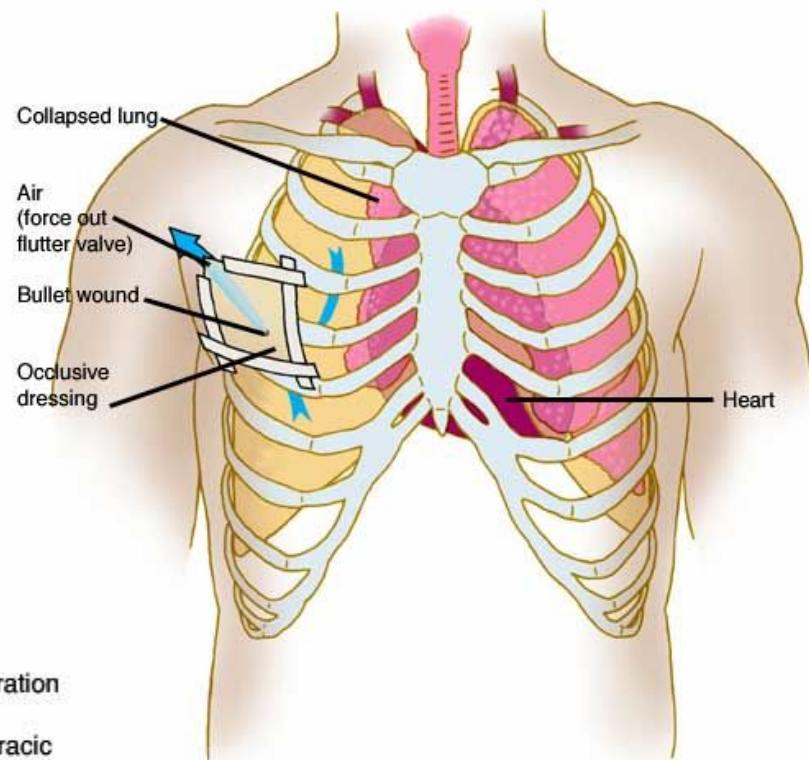
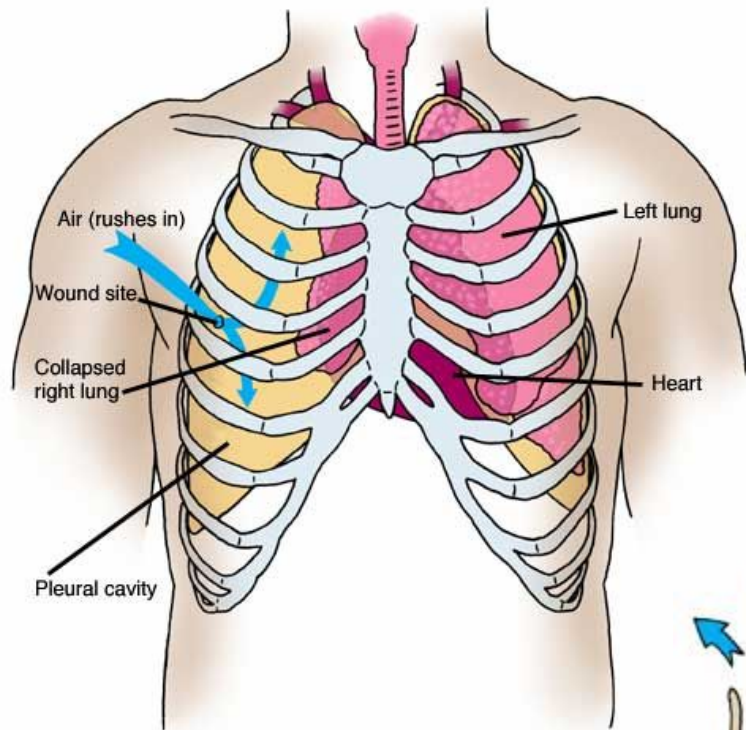
- Protect the neck
 - Cervical collar
 - Rolled up blanket or jacket
- Transport, 911, to hospital

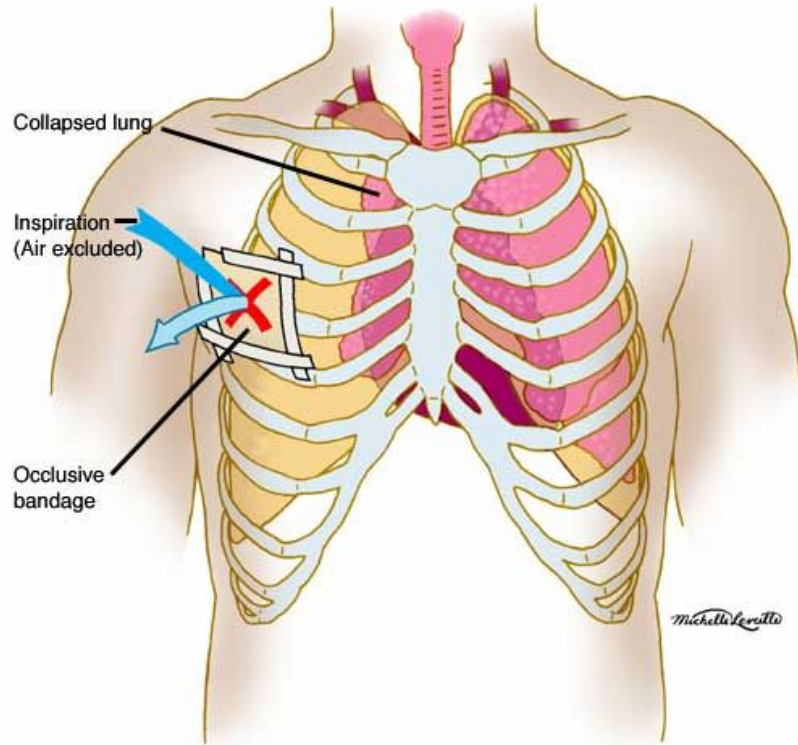


Stabbings

First Aid

- Control bleeding by direct pressure with clean gauze
- Any knife wound to the trunk, face or neck should be taken urgently to hospital, even if the wound does not seem deep
- Stab wound to the chest gets occlusive dressing taped down on 3 sides
- Chest wounds: ok for air to come out, do not let it “suck” in through the wound





Agitation, anxiety, aggression, intoxication.

Encircling an agitated person and shouting “Calm Down!” is ineffective

- Move the agitated person away from the setting that is making them worse
- To the patient “talk to me”; to everyone else “stop talking”
- Don’t argue, redirect
- Disregard the the content of what your patient is saying and how you feel about it, focus on the task of resolving the agitation and preventing injury.
- If you think there is a danger of being attacked, stay away or keep your hands up while you are near
- If an agitated person is unsafe to be around, gather a group of people to remove them